

FLAXSEED OIL

Benvolio 1938 Organic Linseed Oil is the one that most contains Omega-3 and Omega-6 essential fatty acids. It has stimulant properties to the immune system and helps brain development through its phospholipids. According to recent scientific researches, it helps reduce the incidence of degenerative diseases. Enriched with organic rosemary, sage and laurel antioxidant extracts, it is always as if freshly pressed. High recommended on delicate plates like fresh salads and white meats. For a richer breakfast and to make a better use of its properties as a supplement, you can add 1-2 teaspoons to muesli and yogurt.

May contain traces of sesame, soybeans, peanuts and other nuts.

FLAXSEED OIL / HUILE DE LIN / LEINÖL	
NUTRITION FACTS / VALEUR NUTRITIONNELLE / NÄHRWERTDEKLARATION	100 ml
CALORIES / ÉNERGIE / ENERGIE	3404 kJ 828 kcal
TOTAL FAT / LIPIDES / FETT	92 g
saturated fat / dont saturés / davon gesättigte Fettsäuren	9,3 g
monounsaturated fat / dont monoinsaturés / davon einfach ungesättigte Fettsäuren	20,5 g
polyunsaturated fat / dont polyinsaturés / davon mehrfach ungesättigte Fettsäuren	62,2 g
TOTAL CARBOHYDRATE / GLUCIDES / KOHLENHYDRATE	0 g
sugars / dont sucres / davon Zucker	0 g
FIBER / FIBRES / BALLASTSTOFFE	0 g
PROTEIN / PROTÉINES / EIWEIF	0 g
SODIUM / SEL / SALZ	0 g



SEED TYPE
Linum usitatissimum

SHELF-LIFE
15 months

CONSERVATION
Store in cool, dry place away from light and heat sources.

ORGANIC INGREDIENTS
linseed oil, organic extracts of rosemary, sage and laurel

PACKAGING
We support environment by choosing a container that maintains the quality of our oil and is 100% recyclable.

USE
Excellent uncooked to flavor with taste and wellness.

QUANTITY
250 ml e (Net 8.5 fl oz)



lipolytic extracts of rosemary, sage and laurel



uv and air protective can



fresher product for longer time

HIGH CONTENT OF LINOLEIC ACID α

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